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Ancient Sounds - Modern Healing



Synopsis

Ancient Sounds ~ Modern Healing A unique book that takes you on an extraordinary journey filled with secrets from age-old cultures along with the latest findings from today's scientific community. Together, they reveal the immense power and healing capabilities of sound. Three-time author, Jill Mattson, guides us along this life-altering adventure using the vast knowledge that she's accumulated during her intense 17 year study of Antiquities and Secret Societies. These Secret Societies utilized sound as an effective tool to transform people's consciousness and to create physiological changes in the brain which in turn helped them heal their mind, body and spirit. Ms. Mattson now shares the precise ways that we can do the same thing for ourselves. She mesmerizes and empowers the reader by artfully combining her wealth of knowledge with interviews from our most cutting-edge scientists, researchers & practitioners in the field of "Sound Healing & Sound Techniques". The information gathered from these modern experts clearly demonstrates how impactful and versatile the usage of sound can be. "Ancient Sounds ~ Modern Healing" illustrates the various ways sound can: Alter a person's brain waves; Increase relaxation; Eliminate stress; Aid the healing process and Help us to become happier, healthier and more productive. Ms. Mattson also introduces the reader to a whole new category of sound that is derived from the vibrations & frequencies of the very stars & planets above. She further shares how the sounds from these "heavenly bodies" actually contain their own exceptional health-promoting properties. Ms Mattson reveals the sounds of healing flower remedies, the science of sound and healing, the secrets of the ancient Solfeggio tones and an Indian sound healing swamiji, and much more! After experiencing this fascinating voyage, the reader will hold sound in an entirely new way. One in which we can all use "sound & music" as accessible tools to improve our over-all health, healing and well being! _____ Jill Mattson is a prolific Healing Arts Musician & Composer, Fine Artist and Author. Drawing upon her extensive knowledge of the field, she now lectures on the "Healing Power Of Sound" throughout the United States. "Ancient Sounds ~ Modern Healing", has been translated into numerous languages and is enjoyed worldwide.

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Excellent read.

excellent material for anyone interested in anything! Thanks

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